

Abstract

Title: The investigation of efficacy of treatments in drug abuse centers using methadone maintenance treatment in the city of Ardabil

introduction:

Addicting to opium is a complex social problem that affects lives of myriads of people in the world. At the present time MMT is the golden treatment for curing addiction in Iran and the world. The current study presents experiences, and ideas of the patients under study and the active medical personnel working in these centers in Ardabil. This study aimed at exploring the efficacy of these services.

Materials and methods:

The study included two parts: qualitative and quantitative. In the qualitative part of study, 100 addicts were chosen by simple random sampling from 10 addiction treatment centers and were interviewed and asked to complete the interviewers questionnaire. In the qualitative section, purposeful sampling was used for selecting addicts and members of medical team such as physicians, psychologists, and social workers in MMT center. Subsequently, they were re-interviewed. The quantitative data were analyzed using SPSS and the quantitative data was analyzed using descriptive statistics and content analysis.

Results: The results of the study showed that the characteristics of individuals with pattern of drug abuse were the same in the society level.

Of the subjects under study, 33% received brief visit at the intervals of one week or less. Of the research subjects 84 % had been confronted with reminders, and 84% had been trained to deal with the sense of craving, 55 % had used the services of family therapy, 64 % had participated in the group treatment sessions, and 72 % had attended psychotherapy sessions and received individual counseling.

The results of qualitative part of the study indicated that most participants in the study expressed non-drug treatment as a method that had increased their self-esteem, self-confidence and motivation. However, one of the main reasons for their non- participation in family therapy sessions was the attached stigma to addiction in the family, though they experienced the benefits of these sessions. Furthermore, the participants didn't show tendency to take part in group therapy sessions because they wanted avoid getting acquainted with other addicts and sometimes drug sellers.

Discussion: There was a complete mismatch between drug treatment and protocol treatment which can be partially attributed to the negative perception and attitude of patients receiving these services, and other reason can be ascribed to the performance of centers in offering services, especially family therapy, group therapy, and attending to the patients' follow-up treatments.

Keywords: addiction, methadone maintenance treatment, treatment efficacy